



United States Department of Agriculture

What's? Cooking



USDA MIXING BOWL

Cookbook

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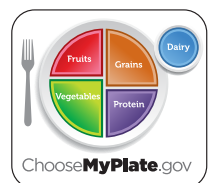


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15-Minute Enchiladas

Makes: 8 Servings

This is quick to make. When you need a main dish right away, try this enchilada recipe.

Ingredients

nonstick cooking spray
3 cups chili without beans (1 can, about 24 ounces)
1 1/2 cups canned refried beans, low-sodium, non-fat
2 cups low-fat Cheddar or Monterey jack cheese (shredded)
8 flour tortillas, large size

Directions

1. Preheat oven to 350 degrees F.
2. Cover a cookie sheet with foil and spray with nonstick cooking spray.
3. In a medium-size saucepan, heat chili and refried beans until warm (do not boil).
4. Spoon about half of the chili mixture evenly onto the tortillas, sprinkle with cheese,
and roll up. Place side by side on the cookie sheet with seam side down.
5. Top tortillas with remaining chili mixture. Sprinkle with remaining cheese.
6. Bake for 10 minutes until cheese is melted.

Recipe adapted from Food.com

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	310	
Total Fat	17 g	
Protein	17 g	
Carbohydrates	23 g	
Dietary Fiber	4 g	
Saturated Fat	6 g	
Sodium	500 mg	

2-Step Chicken

Makes: 4 Servings

Ingredients

1 tablespoon vegetable oil
4 boneless chicken breast halves
1 can cream of chicken soup (10 ounces, reduced sodium)
1/2 cup water

Directions

1. Heat oil in a skillet at a medium-high setting.
2. Add chicken and cook for ten minutes.
3. Remove chicken from pan and set aside.
4. Stir the soup and water together in the skillet and heat it to a boil.
5. Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165°F.

20-Minute Chicken Creole

Rating: ★★☆☆

Cook time: 20 minutes

Makes: 8 servings

Ingredients

- 1 **tablespoon** vegetable oil
- 2 chicken breast (whole, skinless, boneless)
- 1 **can** diced tomatoes (14 1/2 oz., with juice)
- 1 **cup** chili sauce (low sodium)
- 1 green pepper (chopped, large)
- 2 celery stalk (chopped)
- 1 onion (chopped, small)
- 2 garlic clove (minced)
- 1 **teaspoon** dried basil
- 1 **teaspoon** parsley (dried)
- 1/4 **teaspoon** cayenne pepper
- 1/4 **teaspoon** salt

Directions

1. Heat pan over medium-high heat (350 degrees in an electric skillet). Add vegetable oil and chicken and cook until no longer pink when cut (3-5 minutes).
 2. Reduce heat to medium (300 degrees in electric skillet).
 3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
 4. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes.
 5. Serve over hot, cooked rice or whole wheat pasta.
 6. Refrigerate leftovers within 2-3 hours.
- Oregon State University Cooperative Extension Service, Healthy Recipes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	130	
Total Fat	3 g	5%
Protein	9 g	
Carbohydrates	19 g	6%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	230 mg	10%